



## Big Dutch Baby

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



275 kcal

SIDE DISH

### Ingredients

- 0.5 cup butter
- 6 large eggs
- 1.5 cups milk and flour
- 6 servings toppings: nutmeg

### Equipment

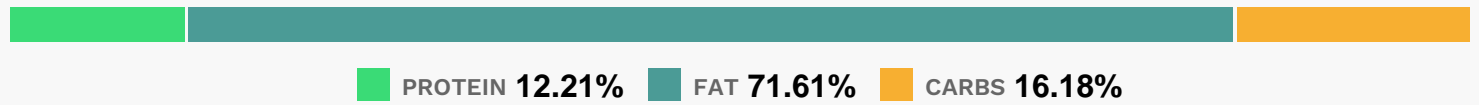
- food processor
- bowl
- frying pan

- oven
- blender

## Directions

- Put butter in a 4 1/2- to 5-qt. paella pan and set on lowest rack of oven (remove other racks). Preheat oven to 42
- While butter melts, mix batter quickly: Put eggs in a blender or food processor and whirl on high speed for 1 minute. With motor running, gradually pour in milk, then slowly add flour; continue whirling 30 seconds. (Or, in a bowl, beat eggs until blended; gradually beat in milk, then flour.)
- Remove pan from oven and pour in batter. Return pan to oven and bake until pancake is puffy and well browned, 20 to 25 minutes, depending on pan size.
- Dust pancake with nutmeg if you like, then powdered sugar.
- Cut into wedges and serve with more powdered sugar and lemon wedges, plus a drizzle of honey if you like.

## Nutrition Facts



## Properties

Glycemic Index:14.67, Glycemic Load:1.09, Inflammation Score:-4, Nutrition Score:7.3065217733383%

## Nutrients (% of daily need)

Calories: 274.85kcal (13.74%), Fat: 22.05g (33.92%), Saturated Fat: 12.42g (77.64%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 11.2g (4.07%), Sugar: 10.95g (12.17%), Cholesterol: 233.99mg (78%), Sodium: 215.97mg (9.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.46g (16.92%), Selenium: 16.75µg (23.92%), Vitamin B2: 0.32mg (18.86%), Vitamin A: 841.55IU (16.83%), Phosphorus: 165.15mg (16.51%), Vitamin B12: 0.81µg (13.44%), Vitamin D: 1.67µg (11.14%), Calcium: 107.65mg (10.77%), Vitamin B5: 1.01mg (10.15%), Vitamin E: 0.99mg (6.63%), Vitamin B6: 0.12mg (6.14%), Zinc: 0.91mg (6.09%), Folate: 24.07µg (6.02%), Iron: 0.88mg (4.91%), Potassium: 165.2mg (4.72%), Vitamin B1: 0.06mg (3.67%), Magnesium: 13.7mg (3.42%), Copper: 0.04mg (1.86%), Vitamin K: 1.66µg (1.58%)